



# National Mental Health Programme, Mizoram

## Weekly Bulletin



NMHPMz/2024/11

Aizawl, the 5<sup>th</sup> Jan, 2024

No. of OPD : 84  
No. of IPD : 20

### Outreach

Free Clinic cum : NIL  
Awareness : NIL  
No. of Beneficiaries : NIL

### No. of OPD/IPD (Including Psychiatry Dept.)

Aizawl : 68  
Lunglei : NIL  
Siaha : 25  
Champhai : 4  
Kolasib : 4  
Serchhip : 2  
Lawngtlai : NIL  
Mamit : 1

### No. of Phone Call Received

DMHP : NIL  
TeleMANAS : 39

### Targetted Intervention

under NMHP, Mizoram : 5

### ARDSI Mizoram Chapter

7005983633  
9366191341

*"Rilru Hriselna hi kan ngaihven a ngai a ni tih mi tinte kan hriattir a tul a ni"*

### LIFE SKILLS

World Health Organization chuan Life Skills chu "Mimal tinte'n nitin nuna thil thleng leh harsatna an tawhte tha taka an hmachhawn theihna tura nun siamrem leh nunphung duhawm zawk neih theihn a ni" a ti a. Chutiang chuan nun thiamna chu mi tinin nun awmze nei tak an neih theihn nan leh khawtlang nuna insiamremna tha zawk nei tura puitu bulpui a ni. Kan nunah thil tha tam tak, kan hlutna leh nungchang kan neih te, kan chenna khawtlang chungka kan rilru put hmang (proactive attitude) kan vawn tlat theihna te leh midang nena inpawh tawna leh rilru leh khawtlang nun thiamna hrang hrang kan neih te hi a huam tel a ni. Hengte hi kan hun tawn azira kan in her rem thiam dan leh kan than lenna atana kan mamawh te an ni. Rilru hrisel nei thei tur te, nun tha leh duhawm zawk nei tura tangkai tak a ni.

WHO, UNICEF, leh UNESCO zirchianna atanga nun thiamna pawimawh tak tak 10 a sawi a chung zing pakhat chu lo tarlang ila.

### Mahni inhriattchiana (Self Awareness)

Mahni chakna, chak lohna, duhzawng, duh loh leh a dangte hriat thiamna a kawka ni. Kan chakna leh chak lohnate hriat chian tumin kan buaipui ngai lo fo a. Hei hian kan chakna leh theihnate min hre lem lovin kan hman tlem phah a, kan chak lohnate'n kan hmasawna a tihbuai dan hriat lohna a thlen thei a ni. Mahni inhriattchiana (self-awareness) hi a pawimawh hle a, a rilru hanna (stress) hmachhawn theih dan tur hriat theihna tur leh mahni theihna hman tangkai dan tur (optimum utilization of own potentials) neih theih nan a pawimawh hle.

Mit tha lo tan tarmit vuah a zahthlak loh ang bawkin beng tha lo tan beng dar vuah a zahthlak loh

Rilru lama harsatna nei leh hriat belh duh nei kan awm chuan  
Telemanas Call theihna  
14416, 180008914416

Thurawn pek emaw hriat belh duh nei chuan a hnuai mail ah hian dah nise  
[mizmentalhp@gmail.com](mailto:mizmentalhp@gmail.com)

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